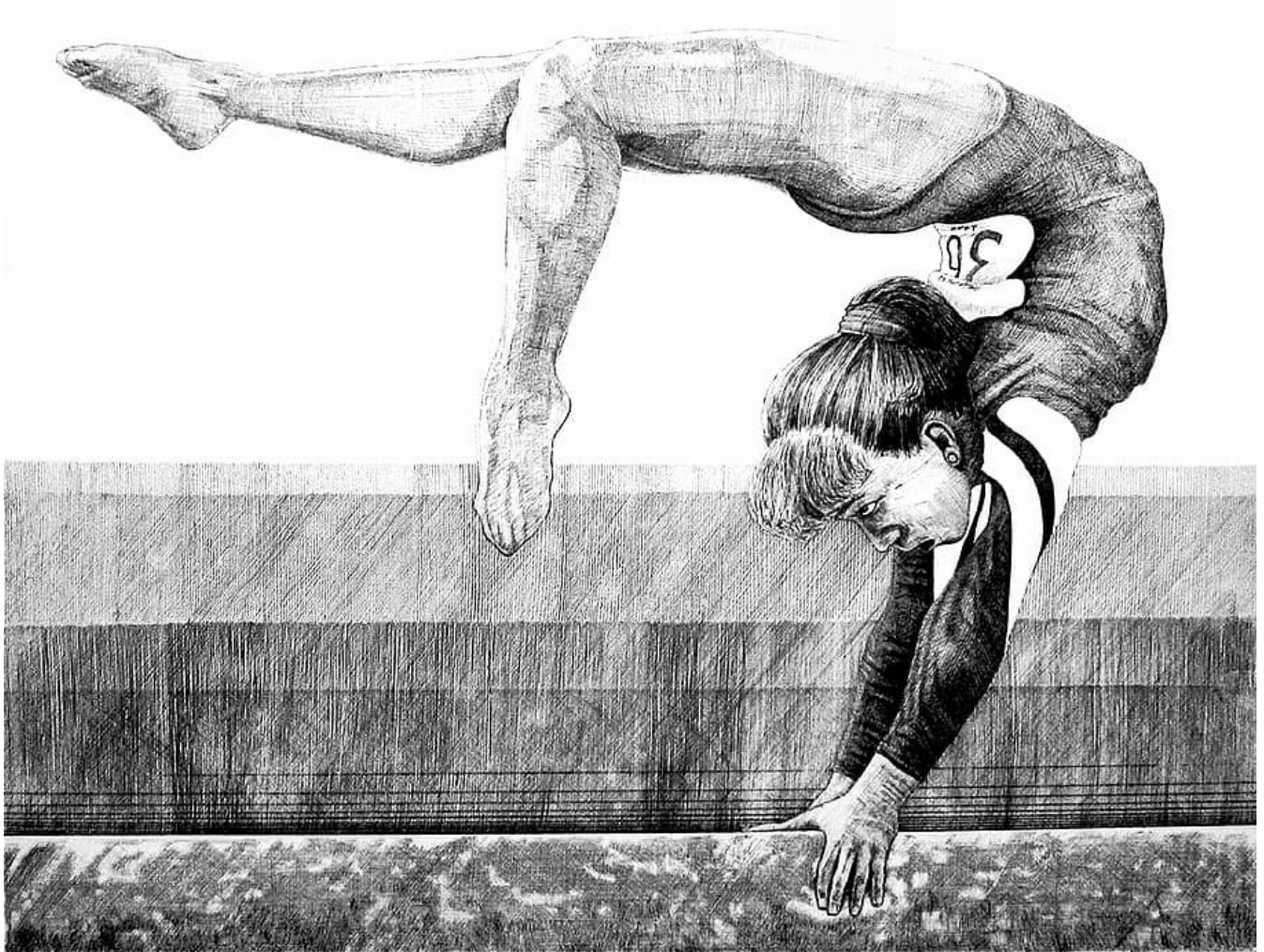




**NORTH DAKOTA HIGH SCHOOL
ACTIVITIES ASSOCIATION
STATE GYMNASTICS CHAMPIONSHIPS**



**JERRY MEYER ARENA
JAMESTOWN HIGH SCHOOL
FEBRUARY 26 & 27, 2021**





Matthew J. Fetsch
Executive Director



Brian Bubach
Associate Director



Justin Fletschock
Assistant Director



Kevin Morast
Assistant Director



Brenda Schell
Assistant Director



Tom Mix
Media Specialist



Travis Jordan
President
Beulah



Dr. Mark Rerick
Vice President
Grand Forks



Jeremy Brandt
Buxton



Josh Johnson
Valley City



Dr. Todd Bertsch
Fargo



Paul Jundt
Bismarck



Rick Diegel
Steele



Dave Schoch
Velva



Guy Fridley
Dickinson



Kirsten Baesler, Bismarck
Dept. of Public Instruction



Alexis Baxley, Bismarck
School Boards Association

MEET PERSONNEL & SCHEDULE

MEET REFEREE	Tara Hofmann
Vault.....	Laurie Strommen (Chief Judge), Jessica Siders, Lora Fisher
Bars.....	Ruth Walsh (Chief Judge), Mary Meyer, Caitlin Hoff
Beam.....	Whitney Conmy (Chief Judge), Rachel Johnson, Kim Ressler
Floor.....	Stacey Ringoen (Chief Judge), Brooke Erstad, Cindy Gee
ANNOUNCER	Ken Gardner
COMPUTER/SCORING	Kerrie Soulis & Carla Kroeber
ATHLETIC TRAINING	Jay Determan, ATC, Jamestown Regional Medical Center

FRIDAY, FEBRUARY 26

1:00 PM.....	Gym Opens for Teams
1:55 PM.....	Timed Warm Ups
3:00 PM.....	Officials Meeting & Review
3:45 PM.....	Opening Ceremony
4:00 PM.....	Competition Begins

SATURDAY, FEBRUARY 27

9:45 AM	Gym Opens for Teams
10:30 AM.....	Timed Warm Ups
11:30 PM.....	Officials Meeting & Review
11:45 PM.....	Opening Ceremony
12:00 PM.....	Competition Begins

TEAM COMPETITION WARM UP & ROTATION

TIME	VAULT	BARS	BEAM	FLOOR
1:55 PM	Wahpeton/Breck.	Valley City	Grand Forks	Mandan
2:04 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:07 PM	Dickinson	Jamestown	Legacy	Century
2:16 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:19 PM	Mandan	Dickinson	Century	Wahpeton/Breck.
2:28 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:31 PM	Valley City	Legacy	Jamestown	Grand Forks
2:40 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:43 PM	Jamestown	Century	Dickinson	Legacy
2:52 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:55 PM	Grand Forks	Wahpeton/Breck.	Mandan	Valley City
3:04 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
3:07 PM	Legacy	Grand Forks	Valley City	Jamestown
3:16 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
3:19 PM	Century	Mandan	Wahpeton/Breck.	Dickinson

ROTATION	VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR
1	Wahpeton/Breck. Dickinson	Valley City Jamestown	Grand Forks Legacy	Mandan Century
2	Mandan Valley City	Dickinson Legacy	Century Jamestown	Wahpeton/Breck. Grand Forks
3	Jamestown Grand Forks	Century Wahpeton/Breck.	Dickinson Mandan	Legacy Valley City
4	Legacy Century	Grand Forks Mandan	Valley City Wahpeton/Breck.	Jamestown Dickinson



NDHSAA MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.



GYMNASTICS



Athletic Training Services Provided by:

JRMC

Orthopedics
AND SPORTS MEDICINE



The Official Sports Medicine Team for Blue Jay Athletics

HISTORY OF GYMNASTICS IN NORTH DAKOTA

The first gymnastics championships sponsored by the North Dakota High School Activities Association took place in 1969. Jamestown High School came away with the first championship title.

Competition has changed since the first championships. At the first meet, competition took place in tumbling, trampoline, balance beam, uneven bars, side-horse, floor exercise and all-around. Each event was divided into three levels: novice, intermediate and junior.

The following year, and every year since, the state championships have included only five events. The tumbling and trampoline events were eliminated and the side-horse became the vault. In 2003, the apparatus used in the vault event changed from a vaulting horse to the vault table.

The 1974 state meet saw the last novice, intermediate and junior divisions. Currently, North Dakota has two championships prior to the state meet. The EDC in the east and the WDA meet in the west. Although the qualifying mechanism has changed over the years, the state meet continues to have the top 40 qualifiers on each event in the state and the top 30 all-around qualifiers in the state vying for the event championships. What hasn't changed is the dedication and hard work of the coaches and the competitors.

TEAM CHAMPIONS & RUNNER UPS

Year	Champion	Runner-up
1969	Jamestown	St. Mary's
1970	Jamestown	Fargo South
1971	Fargo South	Jamestown
1972	Fargo South	Dickinson
1973	Fargo South	Dickinson
1974	Dickinson, Fargo South (tie)	
1975	Dickinson	Fargo South
1976	Dickinson	Fargo South
1977	Fargo South	Dickinson
1978	Fargo South	Dickinson
1979	Fargo South	Dickinson
1980	Fargo South	Dickinson
1981	Fargo South	Dickinson
1982	Fargo South	Valley City
1983	Fargo South	Dickinson
1984	Minot	Dickinson
1985	Fargo South	Dickinson
1986	Fargo South	Bismarck
1987	Dickinson	Fargo South
1988	Dickinson	Century
1989	Fargo South	Minot
1990	Fargo South	Minot
1991	Minot	Fargo South
1992	Minot	Fargo South
1993	Minot	Fargo South
1994	Minot	Fargo South

Year	Champion	Runner-up
1995	Century	Minot
1996	Century	Minot
1997	Minot	Century
1998	Minot	Century
1999	Century	Bismarck
2000	Century	Bismarck
2001	Bismarck	Century
2002	Bismarck	Century
2003	Bismarck	Grand Forks
2004	Grand Forks	Minot
2005	Grand Forks	Bismarck
2006	Grand Forks	Minot
2007	Dickinson	Minot
2008	Dickinson	Minot
2009	Minot	Dickinson
2010	Minot	Dickinson
2011	Minot	Dickinson
2012	Minot	Dickinson
2013	Dickinson	Minot
2014	Dickinson	Minot
2015	Minot	Dickinson
2016	Dickinson	Minot
2017	Dickinson	Bismarck
2018	Dickinson	Bismarck
2019	Dickinson	Legacy
2020	Dickinson	Jamestown

**THANK YOU PARENTS & JAMESTOWN GYMNASTICS CLUB FOR YOUR HELP
DURING THIS YEARS STATE CHAMPIONSHIPS**



**2020 STATE TEAM CHAMPIONS
DICKINSON MIDGETS**

Back (L-R): Head Coach Kent Van Ells, Addison Fitterer, Assistant Coach Casey Berry
Front (L-R): Rylee Olson, Amy Fridley, Brooklyn Deguzman, Mikah Schock, Ayanna Fossum, Anna Clifton, Brinklyn Schumacher.



2020 STATE BARS CHAMPION
Haley Nelson, Jamestown



**2020 STATE FLOOR, VAULT &
ALL-AROUND CHAMPION**
Ayanna Fossum—Dickinson



2020 STATE BEAM CHAMPION
Rachel Schiele, Jamestown

INDIVIDUAL EVENT CHAMPIONS

1969

Tumbling	Marilyn Falk	Jamestown
Trampoline	Kathy Ohnstad	Fargo South
Floor Exercise	Barbara Mitchell	Jamestown
Beam	Heather Snell	Jamestown
Bars	Julie Nelson	Jamestown
All Around	Barbara Mitchell	Jamestown

1970

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Barbara Mitchell	Jamestown
Beam	Barbara Mitchell	Jamestown
Bars	Barbara Mitchell	Jamestown
All Around	Barbara Mitchell	Jamestown

1971

Vault	Margaret Hagen	St. Mary's
Floor Exercise	Melissa Henning	Fargo South
Beam	Jo Pavicic	Fargo South
Bars	Kathy Sullivan	Jamestown
All Around	Jo Pavicic	Fargo South

1972

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Kathy Sullivan	Jamestown
Beam	Kathy Sullivan	Jamestown
Bars	Kathy Sullivan	Jamestown
All Around	Melissa Henning	Fargo South

1973

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Linda Basaraba	Dickinson
Beam	Linda Basaraba	Dickinson
Bars	Tracy Gunkelman	Fargo South
All Around	Tracy Gunkelman	Fargo South

1974

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Marcia Urban	Fargo South
All Around	Robin Huebner	Dickinson

1975

Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson

1976

Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson

1977

Vault	Mo Day	Fargo South
Floor Exercise	Greta Sjursen	Dickinson
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Greta Sjursen	Dickinson

1978

Vault	Nancy Davis	Dickinson
Floor Exercise	Jane Vanyo	Fargo South
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Stacey Simle	Fargo South

1979

Vault	Nancy Davis	Dickinson
Floor Exercise	Susie Schraufek	Fargo South
Beam	Susie Schraufek	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Susie Schraufek	Fargo South

1980

Vault	Kristi Tryhus	Fargo South
Floor Exercise	Stacey Simle	Fargo South
Beam	Stacey Simle	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Stacey Simle	Fargo South

1981

Vault	Kristi Tryhus	Fargo South
Floor Exercise	Stacey Simle	Fargo South
Beam	Cindy Rodlund	Fargo South
Bars	Stacey Simle	Fargo South
All Around	Cindy Rodlund	Fargo South

1982

Vault	Lori Malsom	Minot Ryan
Floor Exercise	Cindy Rodlund	Fargo South
Beam	Cindy Rodlund	Fargo South
Bars	Cindy Rodlund	Fargo South
All Around	Cindy Rodlund	Fargo South

1983

Vault	Julie Visina	Minot Ryan
Floor Exercise	Cindy Rodlund	Fargo South
Beam	Robin Wheeler	Dickinson
Bars	Julie Visina	Minot Ryan
All Around	Julie Visina	Minot Ryan

1984

Vault	Robin Wheeler	Dickinson
Floor Exercise	Cindy Rodlund	Fargo South
Beam	Shelby Young	Bismarck Century
Bars	Julie Visina	Minot Ryan
All Around	Robin Wheeler	Dickinson

1985

Vault	Cindy Rodlund	Fargo South
Floor Exercise	Tami Russell	Bismarck Century
Beam	Stacie Lowman	Devils Lake
Bars	Julie Visina	Minot Ryan
All Around	Julie Visina	Minot Ryan

1986

Vault	Rachel Johnson	Bismarck
Floor Exercise	Tami Russell	Bismarck Century
Beam	Jodi Hansen	Dickinson
Bars	Rachel Johnson	Bismarck
All Around	Rachel Johnson	Bismarck

1987

Vault	Cassie Osborn	Fargo South
Floor Exercise	Cassie Osborn	Fargo South
Beam (tie)	Cassie Osborn	Fargo South
Beam (tie)	Kristi Dewald	West Fargo
Bars	Julie Winje	Minot
All Around	Kristi Dewald	West Fargo

1988

Vault	Cassie Osborn	Fargo South
Floor Exercise	Tami Russell	Bismarck Century
Beam	Tami Russell	Bismarck Century
Bars	Tami Russell	Bismarck Century
All Around	Tami Russell	Bismarck Century

1989

Vault	Stacie Lowman	Fargo North
Floor Exercise	Cassie Osborn	Fargo South
Beam	Cassie Osborn	Fargo South
Bars	Teri Zimbelman	Minot
All Around	Cassie Osborn	Fargo South

1990

Vault	Stacie Lowman	Fargo North
Floor Exercise	Cassie Osborn	Fargo South
Beam	Cassie Osborn	Fargo South
Bars (tie)	Cassie Osborn	Fargo South
Bars (tie)	Jenny Nelson	Fargo North
All Around	Cassie Osborn	Fargo South

1991

Vault	Kim Sveum	Minot
Floor Exercise	Jenny Nelson	Fargo North
Beam	Tara Lefor	Dickinson
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1992

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Nicole Ziegler	Bismarck Century
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

INDIVIDUAL EVENT CHAMPIONS

1993

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Kim Sveum	Minot
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1994

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Jodi Schwehr	Bismarck Century
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1995

Vault	Jodi Schwehr	Bismarck Century
Floor Exercise	Jodi Schwehr	Bismarck Century
Beam (tie)	Molly McDonald	Bismarck Century
Beam (tie)	Nicole Ziegler	Bismarck Century
Bars	Krista Isakson	Minot
All Around	Jodi Schwehr	Bismarck Century

1996

Vault	Gina Lang	Bismarck
Floor Exercise	Teri Ann Krefting	Minot
Beam	Jodi Schwehr	Bismarck Century
Bars	Jodi Schwehr	Bismarck Century
All Around	Jodi Schwehr	Bismarck Century

1997

Vault	Heidi Goehring	Bismarck Century
Floor Exercise	Teri Ann Krefting	Minot
Beam	Marie Boyeff	Minot
Bars	Teri Ann Krefting	Minot
All Around	Marie Boyeff	Minot

1998

Vault	Heidi Goehring	Bismarck Century
Floor Exercise	Heidi Goehring	Bismarck Century
Beam	Teri Ann Krefting	Minot
Bars	Gina Lang	Bismarck
All Around	Gina Lang	Bismarck

1999

Vault	Heidi Goehring	Bismarck Century
Floor Exercise	Heidi Goehring	Bismarck Century
Beam	Heidi Goehring	Bismarck Century
Bars	Andrea Albertson	Minot
All Around	Heidi Goehring	Bismarck Century

2000

Vault	Andrea Albertson	Minot
Floor Exercise	Heidi Goehring	Bismarck Century
Beam	Kari Nolz	Bismarck
Bars	Andrea Albertson	Minot
All Around	Heidi Goehring	Bismarck Century

2001

Vault	Tiffany Tello	Bismarck
Floor Exercise	Kari Nolz	Bismarck

2001—cont'd

Beam	Tiffany Tello	Bismarck
Bars	Kari Nolz	Bismarck
All Around	Kari Nolz	Bismarck

2002

Vault	Tiffany Tello	Bismarck
Floor Exercise	Tiffany Tello	Bismarck
Beam	Tiffany Tello	Bismarck
Bars	Whitney Buchholz	Bismarck Century
All Around	Tiffany Tello	Bismarck

2003

Vault	Kari Nolz	Bismarck
Floor Exercise	Tiffany Tello	Bismarck
Beam	Tiffany Tello	Bismarck
Bars	Tiffany Tello	Bismarck
All Around	Tiffany Tello	Bismarck

2004

Vault	Jade Beattie	Bismarck
Floor Exercise	Jade Beattie	Bismarck
Beam	Jade Beattie	Bismarck
Bars	Jade Beattie	Bismarck
All Around	Jade Beattie	Bismarck

2005

Vault	Chelsea Preston	Fargo South
Floor Exercise	Chelsea Preston	Fargo South
Beam	Krista Riley	Bismarck
Bars	Jade Beattie	Bismarck
All Around	Chelsea Preston	Fargo South

2006

Vault	Krista Riley	Bismarck
Floor Exercise	Emily Wong	Grand Forks
Beam	Briana Jones	Grand Forks
Bars	Emily Wong	Grand Forks
All Around	Briana Jones	Grand Forks

2007

Vault	Chelsea Preston	Fargo South
Floor Exercise	Chelsea Preston	Fargo South
Beam	Joley Beeler	Minot
Bars	Chelsea Preston	Fargo South
All Around	Chelsea Preston	Fargo South

2008

Vault	Brooklyn Bender	Minot
Floor Exercise	Brittany Johnson	Grand Forks
Beam	Jennifer Bachamp	Dickinson
Bars	Brogan Burwick	Dickinson
All Around	Mackenzie Keidel	Bismarck

2009

Vault	Brooklyn Bender	Minot
Floor Exercise	Kelsey Dukart	Dickinson
Beam	Brogan Burwick	Dickinson
Bars	Alex Braaten	Grand Forks
All Around	Alex Braaten	Grand Forks

2010

Vault	Brooklyn Bender	Minot
Floor Exercise	Brooklyn Bender	Minot
Beam	Faith Marty	Fargo North
Bars	Kaylee Keller	Bismarck
All Around	Brooklyn Bender	Minot

2011

Vault	Samantha Huether	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson

2012

Vault	Mackenzie Keidel	Bismack
Floor Exercise	Acacia Fossum	Dickinson
Beam	Kiara Bock	Fargo Davies
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson

2013

Vault	Faith Marty	Fargo
Floor Exercise	Mikaela Kessel	Dickinson
Beam	Faith Marty	Fargo
Bars	Jessica Gabriel	Bismarck Century
All Around	Acacia Fossum	Dickinson

2014

Vault	Jessica Gabriel	Bismarck Century
Floor Exercise	Acacia Fossum	Dickinson
Beam	Kiara Bock	Fargo Davies
Bars	Jessica Gabriel	Bismarck Century
All Around	Kaylee Keller	Bismarck

2015

Vault	Madison Reiter	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

2016

Vault	Keana Kudrna	Dickinson
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

2017

Vault	Julia Red Wing	Bismarck
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Rachel Schiele	Jamestown
Bars	Julia Red Wing	Bismarck
All Around	Julia Red Wing	Bismarck

2018

Vault	Julia Red Wing	Bismarck
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Teghan Hoff	Dickinson
Bars	Julia Red Wing	Bismarck
All Around	Julia Red Wing	Bismarck

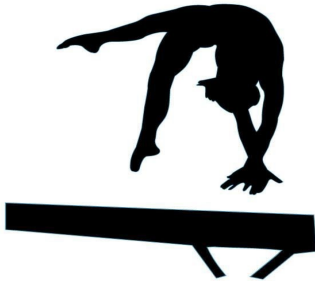
INDIVIDUAL EVENT CHAMPIONS

2019

Vault	Ayanna Fossum	Dickinson
Floor Exercise	Rachel Schiele	Jamestown
Beam	Haley Nelson	Jamestown
Bars	Julia Red Wing	Bismarck
All Around	Ayanna Fossum	Dickinson

2020

Vault	Ayanna Fossum	Dickinson
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Rachel Schiele	Jamestown
Bars	Haley Nelson	Jamestown
All Around	Ayanna Fossum	Dickinson



***Thank you Coach Tews
for your 43 years of
dedication to our girls!***



Here's an effective way for you and your community to prevent the
#1 KILLER OF TEENS.

The ND Association of Counties has teamed up with the "Impact Teen Drivers – What Do You Consider Lethal" Campaign with a free interactive program for students, teachers and law enforcement. "Impact Teen Drivers" will help teens think about the deadly impact of distractions while driving.

To book this program, please contact:
Ryan Gellner, rgellner@ndaco.org
Traffic Safety Outreach Program



Impact
Teen Drivers

VISION ZERO

NDACo
NORTH DAKOTA ASSOCIATION OF COUNTIES

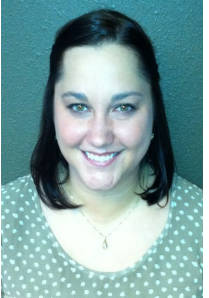
MEET THE COACHES



Rachel Johnson Krug—Bismarck Public Schools (Bismarck, Century & Legacy)

Rachel is in her first year as the head coach for BHS, CHS, and LHS and brings over 36 years of experience. She has been the assistant coach for the previous 2 years as well as from 1990-1993. She has coached in multiple states, Minnesota, Kansas, and Wisconsin. Rachel obtained her Bachelor's degree in Athletic Training and Physical Education from the University of Mary, her Master's degree in Exercise Science and Administration from Fort Hayes State University, and her Doctoral degree in Adult and Occupational Education from North Dakota State University.

She works full-time at the University of Mary as the Athletic Training and Kinesiology Department Chair where she has been for the last 11 years. She is married and has three children.



Casey Berry—Dickinson

Casey Berry is in her first year as Head Coach for Dickinson. Before becoming head coach, Casey was the assistant coach for Dickinson High School. Casey lives in Dickinson with her husband, Brandon and daughter, Hadley. She coaches both recreational and club gymnastics.



Kyrstin Filip—Fargo Public Schools (Davies, North & South)

Grew up in Fargo, ND, graduated at Fargo North High, and competed for the high school gymnastics team from 7-12th grade. She graduated with a degree in Hospitality Tourism and Travel Management at NDSU. She got her start coaching under Mike Merritt as an assistant coach in 2013 and became head coach in 2016 for the Fargo North/South and Davies teams. She was selected EDC Coach of the year in 2019 and 2020.



Courtney Engel—Grand Forks Public Schools (GFC & Red River)

Courtney is originally from Maple Grove, MN where she competed on her high school gymnastics team. She then attended the University of North Dakota, where she began coaching the Knight-Rider Gymnastics Team. She is currently in her tenth season with the KnightRiders. Courtney is the Community Outreach Coordinator at United Way and judges USAG Gymnastics. She and her husband, Tom, have a son, Thomas and they are due with baby two in July.



Dave Tews—Jamestown

Dave has been coaching the Blue Jays for 43 years. He graduated from Jamestown College in 1977. Dave taught middle school physical education for six years and middle school social studies for 36 years. He is now retired from teaching. He and his wife Jeanne have three grown children, Matt, Abby and Nick. He served as the diving coach for the JHS Girls Swimming and Diving team (31 yrs) as well as coaching MS girl's track and field for over 40 years.

MEET THE COACHES



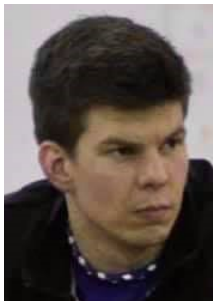
Amanda Chase—Mandan

Amanda Chase, a Mandan Braves gymnast from 2003-2007, is the head coach of the Mandan Braves gymnastics team since 2012. Coach Chase has been coaching gymnastics since 2003, with her primary focus being on competitive teams since 2006. In addition to her Braves team duties, Coach Chase is currently the Program Director at Dakota Star Gymnastics in Mandan, where she has been overseeing the recreational programs, Team programs, Braves team off-season programs, and administrative processes since 2010. She and her husband, Pierson, are expecting their first child in April. They currently live in Hebron, ND with their corgi, Champ.



Robbie Werchau—Minot

Robbie was a competitive gymnast through high school eventually competed for Valley City State University. In 1991, she moved to Minot and began her competitive coaching career. She has been actively involved since that time coaching USAG gymnastics, as well as the Minot High School gymnastics team. She currently teaches 9th and 10th English at Souris River High School. She is married to Lance and has two children. Trevor, who is a US Marine and Hannah, who is a graduate student at UND. Her goal is to continue coaching and doing what she can to help keep North Dakota Gymnastics moving in a positive direction.



Johnny Tobler —Valley City

Johnny is from Minnesota and has 18 years of experience with rec, high school, USAG, MAGA and AAU gymnastics. He serves as Head Coach as well as club director at the Valley Twisters Gymnastics Club. His goal is to provide the community with a high quality gymnastics program from pre-school to high school that goes beyond physical movement and into the realm of helping produce a coming generation of great citizens. Johnny and his wife Melissa have two young children.



Patty Moses—Wahpeton/Breckenridge

Has been coaching for 28 years and is in her 17th year as coach and gym director at Three Rivers Gymnastics in Wahpeton, ND. She resides in Breckenridge with her husband, Jason, and two children, Kaylie (11) and Brady (7). In her spare time she enjoys, reading, movies and family time.

Century Patriots



(L-R): Kendra Hirshkorn, Brynlie Thueson, Halle Johnsrud, Taylor Thueson, Kate Jones, Teah Schulte, Aleah Piatz, Alli Wilmes, Corrina Ugland



Superintendent: Jason Hornbacher
Principal: Steve Madler
Athletic Director: Ben Lervick, Dave Zittleman
Head Coach: Rachel Johnson Krug
School Colors: Red, White, Blue
School Song: Bismarck Century
Enrollment (9-12): 1346

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
950	Kendra Hirschhorn	10					
951	Alli Wilmes	10					
954	Teah Schulte	9					
956	Halle Johnsrud	12					
957	Aleah Piatz	10					
958	Kate Jones	10					
959	Taylor Thueson	8					
960	Brynlie Thueson	10					

Dickinson

Midgets



Back (L-R): Casey Berry, Amy Fridley, Shayla Hicks, Brooklyn Deguzman, Rylee Olson, Dacia Rambousek
Middle: Aspen Roadarmel, Ykria Schnieder, Samantha Simnioniw, Anna Clifton, Brooke Dolyniuk, Courtney Roller
Front: Brooklyn Wariner, Mikah Schock, Ashlyn Guzman



Superintendent:

Dr. Shon Hocker

Principal:

Kevin Hoherz

Athletic Director:

Guy Fridley

Head Coach:

Casey Berry

School Colors:

Orange & Black

School Song:

Notre Dame Victory March

Enrollment (9-12):

1063

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
403	Amy Fridley	10					
404	Aspen Roadarmel	7					
407	Brooklyn Deguzman	10					
409	Brooklyn Wariner	7					
410	Addison Fitterer	9					
411	Rylee Olson	9					
414	Samantha Simnioniw	7					
415	Anna Clifton	9					
417	Mikah Schock	12					
TOTAL TOP 4 SCORES							

Grand Forks Knight Riders



Back (L-R): Emily Kilichowski, Courtney Engel, Mara Nash **Middle:** Keely Riendeau, Gabbi Nelson, Kayla Lamoureux, Lauren Swanson **Front:** Macie Stanislawski, Brynn Moen, Melody Nguyen, Delani Barrett, Kahri Benjamin *Not Pictured - Emma Haskamp



Superintendent:

Dr. Terry Brenner

Principals:

Jon Strandell, Kris Arason

Athletic Director:

Mark Rerick

Head Coach:

Courtney Engel

School Colors:

Maroon & Grey/Red, Black & White

School Song:

Onward Central/Rider Fight Song

Enrollment (9-12):

1149/1029

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
502	Macie Stanislawski	11					
508	Kahri Benjamin	11					
512	Kayla Lamoureux	12					
513	Gabbi Nelson	10					
514	Emma Haskamp	9					
515	Melody Nguyen	10					
516	Delani Barrett	11					
517	Keely Riendeau	8					
519	Lauren Swanson	9					
534	Brynn Moen	9					
TOTAL TOP 4 SCORES							

Jamestown Blue Jays



Front (L-R): McKenna Pettys, Julia Skari **2nd Row:** Emma Hillerud, Maren Kroeber **3rd Row:** Sydney Fisher, Rachel Schiele **4th Row:** Kennadie Hatch, Lydia Stoterau **5th Row:** Anna Roemmich, Sadie Hager **6th Row:** Anabelle Cramer, Haley Nelson **7th Row:** Blair Arbuckle, Brenna Hatch



Superintendent: Dr. Rob Lech
Principal: Adam Gehlhar
Athletic Director: Jim Roaldson
Head Coach: Dave Tews
School Colors: Royal Blue & White
School Song: Blue Jay Booster
Enrollment (9-12): 735

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
151	Anabelle Cramer	10					
153	Sydney Fisher	10					
155	Blair Arbuckle	10					
165	Haley Nelson	11					
175	Julia Skari	8					
180	Emma Hillerud	10					
190	Lydia Stoterau	8					
195	Brenna Hatch	10					
TOTAL TOP 4 SCORES							

Legacy Sabres



Back (L-R): Hannah Ripplinger, Anna Heil, Alyssa Larson, Liz Goldade **Middle:** Maddie Diecs, Joanne Lee, Alexis Miller, Zoe Prince **Front:** Madison Lamberth, Irelyn Ell, Emmie Lubbers



Superintendent: Jason Hornbacher
Principal: Thomas Schmidt
Athletic Director: Paul Jundt, Dave Zittleman
Head Coach: Rachel Johnson Krug
School Colors: Black, Vegas Gold & White
School Song: Legacy High School Song
Enrollment (9-12): 1355

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
607	Irelyn Ell	8					
608	Madison Deics	11					
609	Anna Heil	8					
610	Joanne Lee	10					
614	Elizabeth Goldade	11					
616	Zoe Prince	12					
619	Alexa Evanger	10					
621	Alyssa Larson	12					
TOTAL TOP 4 SCORES							

Mandan Braves



Back Row (L-R): Jaysea Bowers, Alyse Edland, Matia Anderson, Alex Arnegard, Jericah Lockner, Grace Entzel, Ena Alagic, Amanda Chase **Middle:** Kendal Blair, Taylor Arnegard, Madie Canales, Jaylei Eisenbeis **Front:** Jenna Eversole, Cassidy Egli, Sigryn Henk



Superintendent: Dr. Mike Bitz
Principal: Mark Andresen
Athletic Director: Mark Wiest
Head Coach: Amanda Chase
School Colors: Black & White
School Song: Here's to Mandan
Enrollment (9-12): 1054

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
550	Madalee Canales	7					
555	Cassidy Egli	12					
570	Alexandra Arnegard	9					
572	Matia Anderson	12					
574	Sigryn Henke	8					
585	Jenna Eversole	8					
586	Jericah Lockner	9					
590	Taylor Arnegard	7					
593	Jaylei Eisenbeis	7					
595	Kendal Blair	11					
599	Grace Entzel	7					
TOTAL TOP 4 SCORES							

Valley City Hi-Liners



Back Row (L-R): Olivia Slyter, Olivia Olson, Karina Olson, Jocey Kriewald, Abbey Thornton, Laniya Rivera **Front:** Zoe Bjerke, Shonte Gonzales, Jessica Ranisate, Maddie Wendel, Grace Udem



Superintendent: Josh Johnson
Principal: Kristi Brandt, Dan Larson
Athletic Director: Mike Schultz
Head Coach: Johnny Tobler
School Colors: Columbia Blue, Navy Blue & White
School Song: White & Blue
Enrollment (9-12): 380

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
870	Madison Wendel	8					
872	Jocelyn Kriewald	12					
873	Karina Olson	10					
875	Grace Udem	10					
876	Zoe Bjerke	10					
877	Olivia Olson	12					
878	Abbey Thornton	10					
879	Jessica Ranisate	8					
TOTAL TOP 4 SCORES							

Wahpeton/Breckenridge Huskies



(L-R): Braylyn St. Aubin, Rhegan Hutcherson, Abbie Skovholt, Justice Christian, Quinn Bassingthwaite, Anika Birkelo, Sidney Gilbertson, Kiah Klein, Hailee Hanson **Front:** Katy Hauschild



Superintendent: Rick Jacobson
Principal: Ned Clooten
Athletic Director: Mike McCall
Head Coach: Patty Moses
School Colors: Purple and Gold
School Song: Notre Dame Victory March
Enrollment (9-12): 393

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
251	Anika Birkelo	10					
255	Rhegan Hutcherson	10					
256	Sidney Gilbertson	9					
260	Braylyn St. Aubin	12					
262	Abbie Skovholt	10					
266	Justice Christian	7					
275	Hailee Hanson	9					
277	Kiah Klein	12					
299	Quinn Bassingthwaite	11					
TOTAL TOP 4 SCORES							

INDIVIDUAL COMPETITION

ROTATION 1

GROUP 1			VAULT	GROUP 2			BARS
_____	512	Kayla Lamoureux	Grand Forks	_____	870	Maddie Wendel	Valley City
_____	416	Ykia Schneider	Dickinson	_____	586	Jerica Lockner	Mandan
_____	513	Gabbi Nelson	Grand Forks	_____	417	Mikah Schock	Dickinson
_____	22	Haley Conklin	Minot	_____	8	Pavyn Peterson	Minot
_____	410	Addison Fitterer	Dickinson	_____	155	Blair Arbuckle	Jamestown
_____	415	Anna Clifton	Dickinson	_____	414	Samantha Simnioniw	Dickinson
_____	175	Julia Skari	Jamestown	_____	619	Alexa Evanger	Legacy
_____	165	Haley Nelson	Jamestown	_____	954	Teah Schulte	Century
_____	403	Amy Fridley	Dickinson	_____	873	Karina Olson	Valley City
				_____	608	Madison Deics	Legacy
				_____	616	Zoe Prince	Legacy
				_____	872	Jocey Kriewald	Valley City
GROUP 3			BEAM	GROUP 4			FLOOR
_____	317	Anna Wicklow	Davies	_____	190	Lydia Stoterau	Jamestown
_____	876	Zoe Bjerke	Valley City	_____	409	Brooklyn Wariner	Dickinson
_____	607	Irelyn Ell	Legacy	_____	956	Halle Johnsrud	Century
_____	519	Lauren Swanson	Grand Forks	_____	153	Sydney Fisher	Jamestown
_____	404	Aspen Roadarmel	Dickinson	_____	610	Joanne Lee	Legacy
_____	875	Grace Undem	Valley City	_____	262	Abbie Skoholt	Wahpeton/Breck.
_____	621	Alyssa Larson	Legacy	_____	195	Brenna Hatch	Jamestown
_____	203	Alyson Krug	Bismarck	_____	516	Delani Barrett	Grand Forks
_____	877	Olivia Olson	Valley City	_____	180	Emma Hillerud	Jamestown
_____	411	Rylee Olson	Dickinson	_____	407	Brooklyn Deguzman	Dickinson
				_____	878	Abbey Thornton	Valley City

INDIVIDUAL COMPETITION

ROTATION 2

GROUP 4			VAULT	GROUP 1			BARS
_____	407	Brooklyn Deguzman	Dickinson	_____	959	Taylor Thueson	Century
_____	610	Joanne Lee	Legacy	_____	175	Julia Skari	Jamestown
_____	190	Lydia Stoterau	Jamestown	_____	299	Quinn Bassingthwaite	Wahpeton/Breck.
_____	878	Abbey Thornton	Valley City	_____	513	Gabbi Nelson	Grand Forks
_____	516	Delani Barrett	Grand Forks	_____	403	Amy Fridley	Dickinson
_____	262	Abbie Skoholt	Wahpeton/Breck.	_____	22	Haley Conklin	Minot
_____	195	Brenna Hatch	Jamestown	_____	512	Kayla Lamoureux	Grand Forks
_____	153	Sydney Fisher	Jamestown	_____	410	Addison Fitterer	Dickinson
_____	956	Halle Johnsrud	Century	_____	165	Haley Nelson	Jamestown
_____	595	Kendal Blair	Mandan	_____	415	Anna Clifton	Dickinson
_____	305	Autumn Daniels	Davies				
_____	409	Brooklyn Wariner	Dickinson				
_____	180	Emma Hillerud	Jamestown				
GROUP 2			BEAM	GROUP 3			FLOOR
_____	151	Anabelle Cramer	Jamestown	_____	502	Macie Stanislawski	Grand Forks
_____	873	Karina Olson	Valley City	_____	411	Rylee Olson	Dickinson
_____	619	Alexa Evanger	Legacy	_____	404	Aspen Roadarmel	Dickinson
_____	608	Madison Deics	Legacy	_____	203	Alyson Krug	Bismarck
_____	155	Blair Arbuckle	Jamestown	_____	609	Anna Heil	Legacy
_____	586	Jerica Lockner	Mandan	_____	875	Grace Udem	Valley City
_____	872	Jocey Kriewald	Valley City	_____	621	Alyssa Larson	Legacy
_____	954	Teah Schulte	Century	_____	317	Anna Wicklow	Davies
_____	417	Mikah Schock	Dickinson	_____	519	Lauren Swanson	Grand Forks
_____	414	Samantha Simnioniw	Dickinson	_____	877	Olivia Olson	Valley City
_____	616	Zoe Prince	Legacy				

INDIVIDUAL COMPETITION

ROTATION 3

GROUP 3			VAULT	GROUP 4			BARS
_____	875	Grace Udem	Valley City	_____	418	Shayla Hicks	Dickinson
_____	266	Justice Christian	Wahpeton/Breck.	_____	516	Delani Barrett	Grand Forks
_____	871	Jess Ranisate	Valley City	_____	180	Emma Hillerud	Jamestown
_____	404	Aspen Roadarmel	Dickinson	_____	595	Kendal Blair	Mandan
_____	877	Olivia Olson	Valley City	_____	878	Abbey Thornton	Valley City
_____	621	Alyssa Larson	Legacy	_____	190	Lydia Stoterau	Jamestown
_____	411	Rylee Olson	Dickinson	_____	409	Brooklyn Wariner	Dickinson
_____	609	Anna Heil	Legacy	_____	195	Brenna Hatch	Jamestown
_____	203	Alyson Krug	Bismarck	_____	262	Abbie Skoholt	Wahpeton/Breck.
				_____	610	Joanne Lee	Legacy
				_____	407	Brooklyn Deguzman	Dickinson

GROUP 1			BEAM	GROUP 2			FLOOR
_____	22	Haley Conklin	Minot	_____	954	Teah Schulte	Century
_____	251	Anika Birkelo	Wahpeton/Breck.	_____	417	Mikah Schock	Dickinson
_____	513	Gabbi Nelson	Grand Forks	_____	586	Jerica Lockner	Mandan
_____	410	Addison Fitterer	Dickinson	_____	872	Jocey Kriewald	Valley City
_____	165	Haley Nelson	Jamestown	_____	616	Zoe Prince	Legacy
_____	419	Ashlyn Guzman	Dickinson	_____	608	Madison Deics	Legacy
_____	415	Anna Clifton	Dickinson	_____	414	Samantha Simnioniw	Dickinson
_____	403	Amy Fridley	Dickinson	_____	155	Blair Arbuckle	Jamestown
_____	515	Melody Nguyen	Grand Forks	_____	873	Karina Olson	Valley City
_____	299	Quinn Bassingthwaite	Wahpeton/Breck.				
_____	175	Julia Skari	Jamestown				
_____	512	Kayla Lamoureux	Grand Forks				

INDIVIDUAL COMPETITION

ROTATION 4

GROUP 2			VAULT	GROUP 3			BARS
_____	870	Maddie Wendel	Valley City	_____	621	Alyssa Larson	Legacy
_____	616	Zoe Prince	Legacy	_____	404	Aspen Roadarmel	Dickinson
_____	155	Blair Arbuckle	Jamestown	_____	875	Grace Udem	Valley City
_____	872	Jocey Kriewald	Valley City	_____	411	Rylee Olson	Dickinson
_____	873	Karina Olson	Valley City	_____	317	Anna Wicklow	Davies
_____	954	Teah Schulte	Century	_____	877	Olivia Olson	Valley City
_____	608	Madison Deics	Legacy	_____	519	Lauren Swanson	Grand Forks
_____	414	Samantha Simnioniw	Dickinson	_____	203	Alyson Krug	Bismarck
_____	586	Jerica Lockner	Mandan	_____	607	Irelyn Ell	Legacy
_____	275	Hailee Hanson	Wahpeton/Breck.				
_____	151	Anabelle Cramer	Jamestown				
GROUP 4			BEAM	GROUP 1			FLOOR
_____	878	Abbey Thornton	Valley City	_____	410	Addison Fitterer	Dickinson
_____	190	Lydia Stoterau	Jamestown	_____	165	Haley Nelson	Jamestown
_____	409	Brooklyn Wariner	Dickinson	_____	175	Julia Skari	Jamestown
_____	195	Brenna Hatch	Jamestown	_____	512	Kayla Lamoureux	Grand Forks
_____	516	Delani Barrett	Grand Forks	_____	513	Gabbi Nelson	Grand Forks
_____	180	Emma Hillerud	Jamestown	_____	208	Alexis Miller	Bismarck
_____	262	Abbie Skoholt	Wahpeton/Breck	_____	415	Anna Clifton	Dickinson
_____	407	Brooklyn Deguzman	Dickinson	_____	515	Melody Nguyen	Grand Forks
_____	595	Kendal Blair	Mandan	_____	403	Amy Fridley	Dickinson
_____	610	Joanne Lee	Legacy	_____	251	Anika Birkelo	Wahpeton/Breck.
				_____	22	Haley Conklin	Minot

Bismarck Demons



(L-R): Alyson Krug, Alexis Miller



Superintendent: Jason Hornbacher
Principal: David Wisthoff
Athletic Director: Scott Nustad, Dave Zittleman
Head Coach: Rachel Johnson Krug
School Colors: Maroon & White
School Song: BHS Pep Song
Enrollment (9-12): 1201

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
203	Alyson Krug	9					
208	Alexis Miller	12					

Davies *Eagles*



Back (L-R): Anna Wicklow, Isabelle Snyder, Elizabeth Conlin, Maddie Fischer, Marissa Reid, Autumn Daniels **Middle:** Sarah Wieland, Joselyn Johnson, Cambry Franke, Bryn Donaldson, Anna Greek **Front:** Jayden Lindgren, Sophia Flieth, Sarah Huck, Elise Schneider, Aubrey Schilke, Laurny McMonagle



Superintendent: Rupak Gandhi
Principal: Troy Cody
Athletic Director: Lenny Ohlhauser, Todd Olson
Head Coach: Kyrstin Filip
School Colors: Cardinal Red & Vegas Gold
School Song: Davies School Song
Enrollment (9-12): 1328

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
305	Autumn Daniels	9					
317	Anna Wicklow	10					

Minot

Magicians



(L-R): Sophie Bell, Saoirse Adkins, Kailey Caiazza, Haley Conklin, Pavyn Peterson Coach Robbie Werchau



Superintendent: Dr. Mark Vollmer
Principal: Scott Faul & Harlan Johnson
Athletic Director: Mitch Lunde
Head Coaches: Robbie Werchau
School Colors: Maroon & Gold
School Song: Loyal & True
Enrollment (9-12): 1938

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
8	Pavyn Peterson	7					
22	Haley Conklin	8					

Fargo South/North Bruins/Spartans



Back (L-R): Kiernan Darling, Reagan Kienenberger **Middle:** Mia Aarestad, Jaden Felber **Front:** Victoria Bolstad



Superintendent:	Rupak Gandhi
Principals:	Dr. Todd Bertsch, Andy Dahlen
Athletic Directors:	Mike Beaton, Travis Christensen, Todd Olson
Head Coach:	Kyrstin Filip
School Colors:	Brown & Gold/Blue & Gold
School Song:	On Wisconsin/U Northwestern
Enrollment (9-12):	925/1001

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